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**IN THE SPECIFICATION**

Page 1, lines 7-14 have been amended as follows:

A conventional hand exerciser is shown in Fig. 8 and generally includes a handle 10 which has a rope 11 connected thereto and a ball 12 is connected to a distal end of the rope 11. The ball 12 includes a plurality of holes 120. A tip end 14 extends from an end of the handle 10 and two cups 13 are connected radially to the handle 10. The user throws the ball 12 and tries to let the tip end 14 penetrate through one of the holes 120 of the ball 12. Alternatively, the user may catch the ball 12 by the cups 13. This requires a lot of coordination efforts to successfully catch the ball 12 so that most of the users are frustrated by frequent failures.

Page 2, line 17 through page 3, line 3 have been amended as follows:

Referring to Figs. 1 and 2, the hand exerciser of the present invention comprises a loop 20 having a smooth outer periphery and a plurality of rings 30. Each ring 30 has ~~each have~~ a hole 31 defined therethrough, and the loop 20 extends through the hole 31 of each ring 30. An inner diameter of the hole 31 of each ring 30 is 1.5 times of an outer diameter of the loop 20 so that the rings 30 are rotatable relative to the loop 20. As shown in Fig. 5, when using the hand exerciser, one hand holds the loop 20 and the other hand rotates the rings 30 so that the rings 30 are rotatable about the loop 20. During the rotation of the rings 30, as shown in Fig. 6, the inner periphery of each ring 30 is in contact with the loop 20 so as to shake or vibrate the loop 20 and therefore exercises the hand holding the loop 20.